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AUTHOR Morrow, James R., Jr.; Pivarnik, James M.
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ABSTRACT

This book consists of a lab manual and computer disks for either Apple or IBM hardware. The lab manual serves as "tour guide" for the learner going through the various lab experiences. The manual contains definitions, proper terminology, and other basic information about physiological principles. It is organized so a step-by-step procedure may be followed through each of the 20 laboratory exercises. Simulations are offered on the subjects of cardiovascular, pulmonary, and temperature measurements, body composition, submaximal exercise testing, training, and weight loss. In each simulation the learner enters the relevant values and hypothesizes the outcome effects. (JD)

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